



Safety in St. Louis

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Welcome to "Safety in St. Louis"

Welcome to the inaugural issue of "Safety in St. Louis"! The purpose of this publication will be to keep the St. Louis community informed of pertinent safety and health information from the St. Louis Area OSHA office.

We hope this will be an interesting and informative newsletter. In it, we are planning

to provide injury and illness data, updates on OSHA standards, partnership information, and other useful material.

The St. Louis OSHA office is committed to promoting a positive safety and health culture throughout our community. If you would like to contribute, or have any suggestions, we would love to hear your ideas.

To be added to the electronic distribution list, please call Mike Minicky, at 314-425-4255 x250 or e-mail at minicky.michael@dol.gov.



Recordkeeping Changes for 2004

The OSHA 300 and OSHA 300A forms have been revised for 2004. The new forms reflect suggestions made by the public on making the forms easier to use.

The changes are as follows: addition of a "hearing loss" column on the OSHA 300; transposing of the "days away from work" column and "on job transfer or restriction" column; clearer formula for calculating incidence rates; addition of hearing loss criteria in "overview" section; and a more prominent heading for the "classify the case" section.

The new forms will be marked with the revision date.

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OSHA Form 300, Log of Work-Related Injuries and Illnesses

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AGC Partnership Signed

The St. Louis Area OSHA Office has signed a partnership agreement with the Associated General Contractors of St. Louis.

The partnership agreement recognizes contractors with effective safety and health programs as evidenced by injury and illness rates, OSHA inspection history, and other factors.

Contractors who successfully apply to the partnership receive a reduced chance of an OSHA “programmed”-random-inspection, penalty reductions, and the satisfaction of working with a regulatory governmental agency.

Another provision of the partnership

agreement allows for mentoring between participating contractors and those whose programs may need some work to become more effective.

The Carpenters’ District Council of



Greater St. Louis and Vicinity, and the St. Louis Building and Construction Trades Council were also signatories.

Each of these organizations have been recognized as leaders in construction

safety and health.

Current AGC-OSHA partnership participants are: Tarlton Corporation, McCarthy Building Companies, S. M. Wilson & Company, L. Keeley Construction Company, and Pangea Group. Several additional applications are currently under review.

Any AGC member interested in the partnership should contact the Greater St. Louis chapter at 314-781-2356 or Mike Minicky of the St. Louis Area Office at 314-425-4255 x250.

What's the Info on VPP?

The Voluntary Protection Programs (VPP) promote effective worksite-based safety and health. In the VPP, management, labor, and OSHA establish cooperative relationships at workplaces that have implemented a comprehensive safety and health management system. Approval into VPP is OSHA’s official recognition of the outstanding efforts of employers and employees who have achieved exemplary occupational safety and health.

In a Federal Register notice published December 8, 2003, OSHA announced a change in one of the numerous performance measures that it uses to assess Vol-

untary Protection Programs (VPP) applicants and participants.

VPP Star, the highest level of achievement in the agency’s prestigious recognition program, is limited to companies that have implemented comprehensive, successful safety and health management systems that protect all employees. One way OSHA measures a worksite’s success is by comparing its injury and illness rates to industry average rates – benchmarks -- published annually by the Bureau of Labor Statistics (BLS).

Until now, to receive VPP Star approval or re-approval, an applicant or participant

must have had 3-year injury and illness rates below the most recent year’s BLS industry rates. The new policy provides that an applicant’s or participant’s rates must be below at least 1 of the 3 most recent years’ published rates. For construction applicants, the revisions affect qualification for both VPP Star and VPP Merit.

More information on VPP can be found at www.osha.gov or www.vpppa.org, or from Matt Gaines of the OSHA Regional Office at 816-426-5230 x247 or Mike Minicky of the St. Louis Area Office at 314-425-4255 x250.



St. Louis Area VPP Sites

Astaris-Carondelet Plant
CF industries
G-P Gypsum Cuba, Mo
Monsanto-Matthews, Mo
Monsanto-Queeney Plant
Monsanto-West Port



Most Frequently Cited Standards

The following were the most frequently cited OSHA standards by the St. Louis Area Office during the period of October-December 2003.



GENERAL INDUSTRY

1910.212(a)(1)	<i>Machine Guarding</i>
1910.303(b)(2)	<i>Installation and Use of Electrical Equipment</i>
1910.147 (c)(1)	<i>Energy Control Program</i>
1910.303 (g)(2)(i)	<i>Working Space About Electrical Equipment</i>
1910.147(c)(4)(i)	<i>Energy Control Procedure</i>
1910.212 (a)(3)(ii)	<i>Point of Operation Guarding</i>
1926.100 (a)	<i>Head Protection</i>
1926.652(a)(1)	<i>Excavation Protective Systems</i>
1910.147 (c)(6)(i)	<i>Periodic Inspection of Energy Control Procedures</i>
1910.305 (b)(2)	<i>Electrical Systems Covers and Canopies</i>

CONSTRUCTION

1926.100(a)	<i>Head Protection</i>
1926.652(a)(1)	<i>Excavation Protective Systems</i>
1926.501(b)(13)	<i>Fall Protection for Residential Construction</i>
1926.651(j)(2)	<i>Protection from Loose Rock or Soil</i>
1926.1053(b)(1)	<i>Use of Portable Ladders</i>
1926.021(b)(2)	<i>Safety Training and Education</i>
1926.416(a)(1)	<i>Protection from Electrical Power Circuits</i>
1926.451(e)(1)	<i>Scaffold Access</i>
1926.451(g)(1)	<i>Fall Protection for Scaffolds</i>
1926.651(k)(2)	<i>Duty of Competent Person in Excavations</i>

Spot the Hazard



1



2

ANSWERS (AS A MINIMUM!):

1. 1910.37(b)(6)

Each exit sign must be illuminated to a surface value of at least five foot-candles (54 lux) by a reliable light source and be distinctive in color.

2. 1910.37(a)(3)

Exit routes must be free and unobstructed. No materials or equipment may be placed, either permanently or temporarily, within the exit route.

The following organizations are safety and health partners with the St. Louis Area Office. They are committed to adding the value of safety and health to their workplaces:

Associated General Contractors of St. Louis
Astaris-Carondelet Plant
Bellefontaine Gardens Nursing

Bertrand Nursing Facility
Carpenters' District Council
CF industries
Cornerstone Contracting
Cuba Manor
Eastern Missouri Laborers' District Council
Fairfield Manor
Ford Motor Company
Greenville Health Care

G-P Gypsum Cuba, Mo
Health Systems, Inc.
Heitkamp Masonry
Hilcrest Care Center
John J. Smith Masonry
Lincoln County Nursing
L. Keeley Construction Co.
Mason Contractors Assoc.
McCarthy Building Co.
Monsanto-Matthews, Mo

Monsanto-Queeney Plant
Monsanto-West Port
Pangea Group
Potosi Manor
Silex Community Care
S.M. Wilson & Company
St. Louis Building and Construction Trades Council
Tarlton Corporation
United Auto Workers

Winter Driving Tips



The Missouri Department of Transportation offers these tips for driving in winter weather:

- Obey speed limits; don't speed.
- Use common sense, and adjust your speed to suit driving conditions
- Give snowplows plenty of room, and don't pass them.
- Always wear your seat belt.
- Remember that driving is most dangerous when temperatures are near 32 degrees.
- Watch for other vehicles having problems with road conditions.
- Keep mirrors, windows and lights clean; keep your lights on.



- Don't pass other vehicles on or near bridges.
- Keep your fuel tank at least half full.
- If you don't feel comfortable driving, park at the first safe place.

Additional winter driving tips can be found at www.modot.state.mo.us/

**Motor Vehicle
Accidents are the
#1 cause of work-
place fatalities in
Missouri**

Protecting Workers in Cold Environments

OSHA offers these tips for protecting employees working in cold environments:

- Recognize the environmental and workplace conditions that may be dangerous.
- Learn the signs and symptoms of cold-induced illnesses and injuries and what to do to help workers.
- Train workers about cold-induced illnesses and injuries.
- Encourage workers to wear proper clothing for cold, wet and windy conditions, including layers that can be adjusted to changing conditions.

- Be sure workers in extreme conditions take a frequent short break in warm dry shelters to allow their bodies to warm up.
- Try to schedule work for the warmest part of the day.
- Avoid exhaustion or fatigue because energy is needed to keep muscles warm.
- Use the buddy system - work in pairs so that one worker can recognize danger signs.
- Drink warm, sweet beverages (sugar water, sports-type drinks) and avoid drinks with caffeine (coffee, tea, sodas or hot chocolate) or alcohol.

- Eat warm, high-calorie foods such as hot pasta dishes.
- Remember, workers face increased risks when they take certain medications, are in poor physical condition or suffer from illnesses such as diabetes, hypertension or cardiovascular disease.

For free copies of OSHA's Cold Stress Card in English or Spanish, go to OSHA's website, www.osha.gov, or call 1(800) 321-OSHA.

OSHA Identifies Target Areas

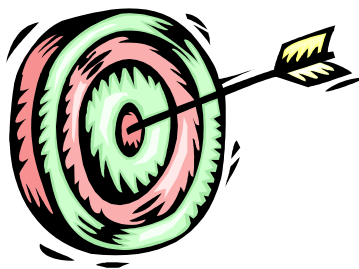
OSHA's Strategic Management Plan for FY 2003-2004 identifies seven target industries for significant reduction in injuries and illnesses. The industries are:

- Landscape and horticultural services (SIC 078)
- Oil and gas field services (SIC 138)
- Canned, frozen and preserved fruits, vegetables and food specialties (SIC 203)
- Concrete and concrete products (SIC 327 except SIC 3274 and SIC 3275)
- Steel works, blast furnaces, and rolling and finishing mills (SIC 331)
- Ship and boat building and repair (SIC 373)
- Public warehousing and storage (SIC 422)

These industries were selected based on a clearly-defined set of criteria so that the agency can utilize its resources in areas that provide for maximum impact. The criteria are:

- At least 5,000 total injury and illness cases;
- A lost workday injury/illness rate (LWDII) of 3.5 or greater;
- No more than 30% of injuries and illnesses involving days away from work caused by ergonomic events;

- At least 50% of injuries and illnesses involving days away from work so severe that they result in at least six days away from work;
- No more than 10% of the injuries involving transportation in-



cidents (including incidents involving motorized industrial vehicles, such as forklifts and backhoes);

- No more than 10% of the injuries involving assaults and

Recordkeeping (continued from page 1)

The revised forms may be downloaded from the OSHA website at www.osha.gov/recordkeeping/new-osha300form1-1-04.pdf

Don't Forget!
OSHA Form 300A
needs to be posted
February 1st to
April 30th

- violent acts; and,
- Not in the construction sector.

**Safety and
Health**

Add Value

The St. Louis Area OSHA Office publishes the Safety In St. Louis Newsletter. Readers are encouraged to submit suggestions or questions to:

Mike Minicky

Compliance Assistance Specialist

minicky.michael@dol.gov

This newsletter provides a generic, non-exhaustive overview of OSHA standards-related topics. This newsletter does not itself alter or determine compliance responsibilities, which are set forth in OSHA standards themselves and

the Occupational Safety and Health Act of 1970. Additional safety measures may be required by your facility under certain conditions or circumstances. Professional advice should be sought for specific situations.

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